

NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

6/29/99

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Metaform®** L-Glutamine Powder Product #53240 bearing the statements set out below:

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure-function claim for L-Glutamine is as follows:

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| (Statement 1) | Glutamine is critical for maintaining proper intestinal health and has been shown in studies to have anabolic and anticatabolic properties. Glutamine may counteract cortisol induced muscle atrophy. This unique amino acid supports glycogen synthesis (carbohydrate storage), protein synthesis and nitrogen retention. Athletes who want to maximize their training efforts and support recovery should supplement their workout program with Glutamine. |
| (Statement 2) | Who: Athletes who want to maintain proper intestinal health. |
| (Statement 3) | Who: Athletes who want to support glycogen and protein synthesis |
| (Statement 4) | What: A conditionally essential amino acid |
| (Statement 5) | What: A nitrogen shuttle |
| (Statement 6) | What: Glutathione precursor |
| (Statement 7) | Why: Glutamine has anabolic and anticatabolic properties |
| (Statement 8) | Why: Glutamine is the most abundant amino acid in muscles |
| (Statement 9) | Why: Glutamine may counteract cortisol induced muscle atrophy |

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this June day of _____, 1999.

WEIDER NUTRITION INTERNATIONAL. INC.

BY:



DR. LUKE R. BUCCI

Vice President of Research